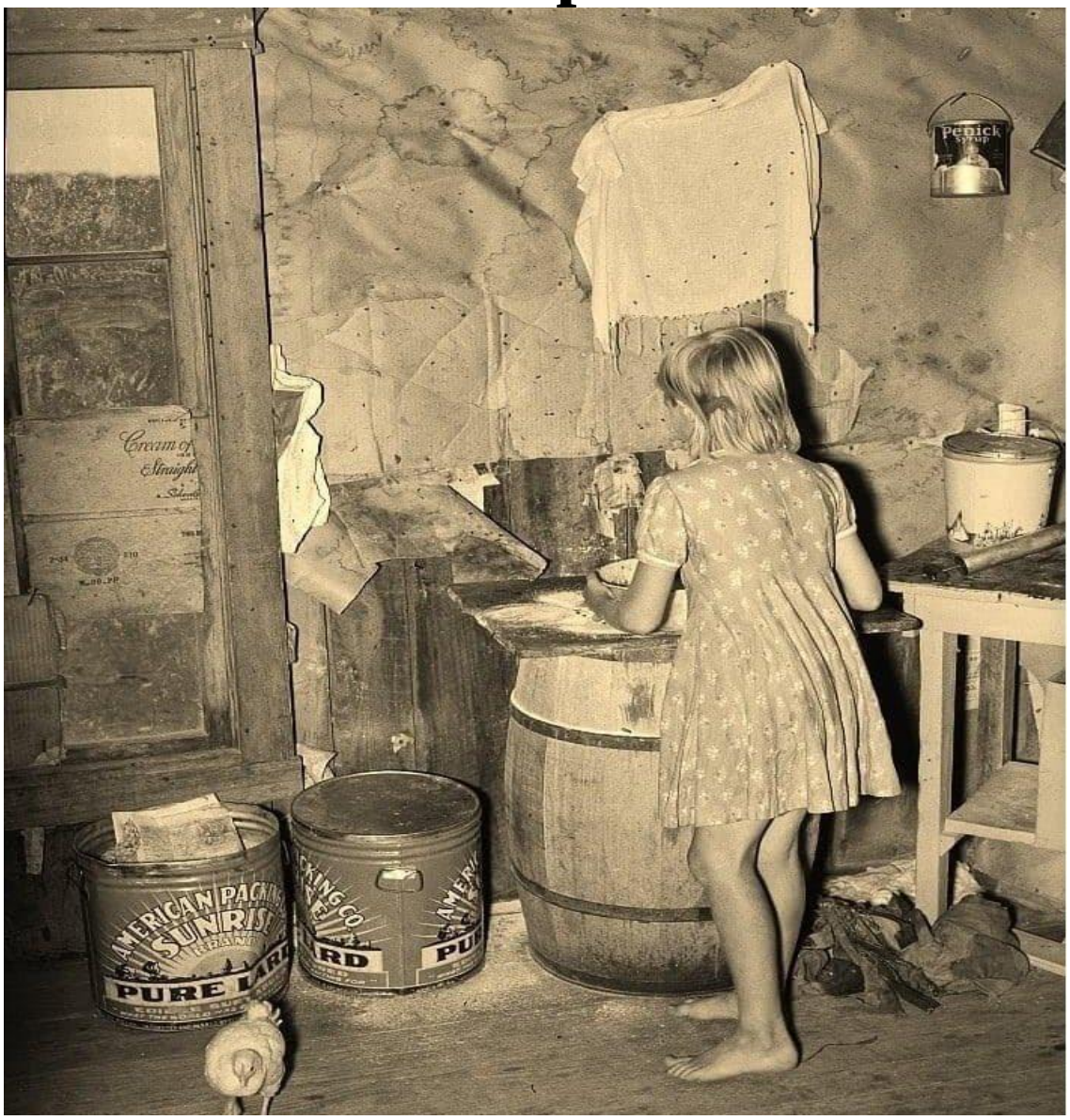
The Lost Superfoods That You Should Add To Your Stockpile



A young girl making biscuits in 1938. Look at this picture. We really think we have it bad in today's world. This is the generation that did make America great. Tough as nails. Worked hard. Made the changes necessary to work their own way out of poverty. There was no welfare, food stamps, public housing. They had to pull themselves out of their own situations.

The Lost SuperFoods: A Comprehensive Survival Cookbook

Our grandparents knew how to prepare healthy, delicious food, including emergency rations, that would keep for years, even **without refrigeration**, while still spending quality time with their friends and family in hard times.

For some foods, the gap stretches as long as sixty years.

So you can rely on these foods even if the grid goes down or a disaster causes a prolonged power outage in your area.

Over time, these foods and methods have been forgotten. Today we pay exorbitant costs for food created by scientists and processed in labs.

The lost super foods survival enthusiasts authors, **Art Rude**, **Claude Davis**, **Lex Rooker,** and **Fred Dwight**, have spent years researching these forgotten foods in America, while also maintaining close connections with other global experts who have studied similar topics around the world.

This book aims to impart ancient and historical preservation methods to help readers prepare for food shortages and **emergencies.**

Discover over 126 survival foods you can stockpile without refrigeration—foods our grandparents knew about but we've forgotten✅.

In an era increasingly affected by natural disasters and global disruptions, the need for practical, self-sufficient food strategies is more pressing than ever.

This review assesses whether *The Lost SuperFoods* can serve as a reliable resource for both survivalists and everyday households.

The lost superfoods that are revealed in this book can cover your nutritional needs for healthy fat, protein, and calories using a very low budget with the longest shelf-life.

Inside this one-of-a-kind 270-page cookbook, you'll uncover the forgotten superfoods that helped past generations survive even the toughest times—world wars, riots, famines, natural disasters, and any other man-made crisis you can think of.

These are the LOST FOODS that once filled the pantries, larders, and stomachs of crisis survivors, from the time of the Pharaohs all the way through to the end of the Cold War.

They also come from a time when refrigeration was still a distant dream.

With over 126 easy-to-follow recipes and tips, this book is so organized with clear color pictures that anyone, even people with absolutely no prior cooking experience, can take advantage of it.

Improve Your Health Today To Be Free From The Fear And Agony Of Dangerous Life-threatening Nutritional Chronic Illnesses, Even in Tough Times. Uncover The Lost Superfoods✅.

Overview of The Lost SuperFoods

More than just a collection of recipes, *The Lost SuperFoods* serves as a survival guide that revives ancient techniques of food preservation from various cultures.

Its recipes range from the "Doomsday Ration" created during the Cold War to Viking-inspired superfoods and Native American pemmican, all crafted to maximize shelf life while providing essential nutrition.

With easy-to-follow instructions and historical insights, the book is accessible to cooks of all skill levels.

Key Features

Extensive Recipe Collection: The book includes over 126 recipes across various preservation methods—drying, canning, fermenting, and curing—demonstrating how these foods can be stored for months or even years.

Clear Instructions: With detailed step-by-step guidance and visuals, *The Lost SuperFoods* ensures that even beginners can successfully prepare the recipes. The ingredients are often easy to find, with alternatives for budget-conscious readers.

Historical Context: Each chapter explores the origins of the foods and the challenges they helped past civilizations overcome, enriching readers' understanding of food preservation's evolution.

Nutritional Information: Many recipes come with nutritional breakdowns, offering valuable insights into macronutrients, which can help individuals maintain a balanced diet during crises.

Notable Recipes and Techniques

The book emphasizes time-tested recipes and preservation methods, blending nutritional benefits with practical historical techniques. Here are some standout examples:

Doomsday Ration: Developed by the U.S. military during the Cold War, this high-calorie, nutrient-dense food was designed for longevity.

> Its simple ingredient list focuses on providing sustained energy under extreme conditions. Today, it serves as a reliable addition to emergency food supplies, particularly during power outages or natural disasters.

Native American Pemmican: This compact, high-protein food combines dried meat, fat, and sometimes berries, serving as a reliable source of energy during long hunts or harsh winters.

> Unlike modern protein bars, pemmican is a naturally preserved superfood with a shelf life of several years, making it ideal for campers and survivalists.

Viking Superfood: This method of preserving fish through air-drying and salting allowed Vikings to sustain themselves on long voyages. Its simplicity makes it practical for today's world, especially in areas with frequent power outages or limited storage.

Pocket Soup: Originating from the provisions of Lewis and Clark, this concentrated broth was designed to be lightweight and long-lasting.

> It's perfect for modern preppers and outdoor enthusiasts looking for nutritious, space-efficient food options.

Mongolian Probiotic: This fermented dairy product, cherished by the Mongol hordes, is rich in probiotics and provided essential energy during lengthy conquests.

> Its health benefits resonate today as fermented foods gain popularity for their gut-health advantages.

Lard

Lard

This was the ultimate survival food of our forefathers—an essential staple that helped sustain America through the Great Depression. Packed with calories and healthy fats your body needs in tough times, it also stays fresh for long periods without refrigeration.

It provided useful energy for when the going got tough, your mom or grandma certainly had a can of this that never left the kitchen counter.

That’s because this is one of The Lost Ways to preserve foods for many years without refrigeration.

Ultimately, it kept our forefathers alive, especially during the 1930s, when it was commonly used for frying, baking, and even for preserving meat.

Nowadays, it’s not used anymore, which is a big mistake, but today I’m going to share with you its long-forgotten uses so you can add it to your own stockpile. So, what happens when you render down pork fat?

You end up with lard—and it’s surprisingly easy to make right in your kitchen. Just start with a good fat source like pork belly and slice it into strips.

Put the pieces in a pot with a bit of water and slowly melt them over low heat until all the fat is rendered.

Next, strain the liquid through a sieve and pour it into a clean glass jar. To preserve meat, just submerge cooked meat in the lard—the fat seals it from air, prevents spoilage, and even enhances the flavor.

Many people think lard is unhealthy, but it’s lower in saturated fat than butter. Its also a valuable source of vitamin D.

Today, most of us have forgotten how to live without refrigerators, cars, phones, or supermarkets.

What will you do tomorrow if you are simply unable to buy things? I sometimes even think we’re kidding ourselves.

With our bug-out bags and three-day food rations, wouldn’t it make more sense to look at what pioneers carried with them on their journey from Independence, Missouri, to Oregon City?
game meat was unreliable even then, so don’t think that they made this five-month journey, counting only on that. If your life depended on it, what would you pack in your bug-out bag?

I’d trust what the pioneers carried. They traveled for weeks with little support, all while staying cautious of native tribes—a challenge that’s just a small glimpse of what they faced.

I refuse to let our forefathers’ wisdom fade into the shadows of history. If you value your family and what America stands for, you shouldn’t either.

With this goal in mind, 15 years ago I set out to do something unprecedented—not just to survive a crisis without spending a fortune on stockpiles, but to embrace daily, practical methods tested and proven by our forefathers for centuries. I wanted to uncover and revive the forgotten skills of our great-grandparents.

So Claud Davis came up with this great idea to edit all his manuscripts, to turn all his lost knowledge into one of the greatest books of this century, **The Lost Superfoods.**

Emergency Rations

Emergency rations are items of food and drink that a person stores and relies on in case of an emergency. **Emergency food supplies** can be purchased or prepared for camping trips or wilderness adventures. These supplies are meant to last for several days.

Many people also purchase long shelf life emergency food in case of natural disasters or other emergency situations. The food can come in the form of a powder, baked ration bars, freeze-dried, smoked, or salted.

The rations are to help people survive until help arrives and are often carried while hill walking or mountaineering, because of the risk of being stranded by an accident. In some organised events, such as Ten Tors, it is obligatory to carry emergency rations.

Emergency rations are often carried by camping enthusiasts, especially back-pack campers, who are more likely to be far from food supplies. Emergency foodstuffs are usually high in caloric content, and sometimes also in nutritional content.

Typical emergency foodstuffs are high-calorie foods such as candy bars, nutritional or protein bars, sports or energy bars, hard bread or biscuit (including food ration bars), dried meat (such as jerky), and dried fruit. If water is available, rations with little water content are lighter to carry.

Emergency rations are generally carried on the person by people on foot in case of becoming lost or separated from normal food supplies. Water

or other drinks are carried if water is not readily available from the environment.

The makeup of emergency rations can be adjusted to suit different situations depending on which properties are the most desirable under the specific circumstances.

For instance, when comparing trekking to being lost at sea, a high caloric density is more of a priority in the former case and in the latter case the metabolic effects of the macronutrient composition require greater consideration.

Emergency rations are used in humanitarian aid. In these contexts, the purpose of the rations is twofold: preventing malnutrition and sustaining physical activity. The energy content required for this depends on several factors, including the level of physical activity and environmental temperature.

Examples:

How to Make the 2400 Calorie Emergency Ration Bars

Ration Bars

Ingredients:

In a saucepan, combine:

- 4 tablespoons raw honey
- 3 tablespoons olive oil
- 2 tablespoons peanut butter

Heat over medium, stirring frequently until the mixture begins to simmer.

In a separate mixing bowl, add:

- 3 cups oatmeal
- 1 cup protein powder
- 1 cup frosted flakes
- 1 cup raisins
- 1 cup almonds

Mix the dry ingredients thoroughly.

Next, pour the hot honey-oil-peanut butter mixture over the dry ingredients and stir well until everything is evenly coated.

Transfer the mixture into a baking pan that's at least 2 inches deep, pressing it down firmly.

Bake in a preheated oven at 375°F for 20 minutes.

Let it cool completely, then cut into 2x2 inch squares.

Each square delivers approximately 600 calories.
Pack 4 squares together for a compact 2,400-calorie survival meal.

Pemmican

Pemmican

I'm also going to show you how to make a super food that'll last a lifetime without refrigeration, and it's so nutritious you'll never have to stockpile another food. The food's called pemmican, and it was widely used by the natives of North America and also by the Western explorers who would go for months without contact with civilization.

You'll need six pounds of beef, two pounds of rendered beef tallow, and a third of a cup of strawberries or blueberries. Let the mixture dry for about 15 hours, until it becomes crispy. Then, grind it in a food processor until it turns into a powder.

Next, cut the fat into small pieces about half an inch in size, mix the shredded meat into the melted fat, and here's what I ended up with.

This was just one awesome chapter in **The Lost Superfoods**, but you won't believe the survival skills we've lost to history, and that's what this book is all about.

Saving our forefathers' skills. By knowing the ways of our forefathers, believe it or not, you're covered for anything. You'll never need to spend money on prepping gear again. Forget the costly, unreliable modern survival equipment.

Why reinvent the wheel when these time-tested methods have worked perfectly for centuries?

The Lost Superfoods equips you to handle worst-case scenarios with minimal resources, just as our forefathers lived fully independent of electricity, cars, and modern technology.

This means you'll be resilient against threats like electromagnetic pulses, economic collapse, famines, and natural disasters. You'll have the ability to protect your family and even help rebuild your community during the toughest times.

Best of all, you don't have to wait for a disaster. **The self-reliance** of our great-grandparents can help you save hundreds of dollars every month, starting from day one. At the same time, we get to take part in doing something great, saving our forefathers' lost skills.

Now I consider that I've done my part. All you need to do is make sure to hand this knowledge over when it's time to, and take full advantage of it.

Don't let this knowledge fade into the shadows of time—because in the next crisis, when survival hangs in the balance, this is the only proven lifeline you and your family can rely on.

While others scramble through trash for scraps, you'll stay calm and protected. You might not have faced long-term hunger, but you know how unpleasant skipping a few meals can be.

We rarely think about where our next meal will come from or how to provide for our children. But don't take this comfort for granted—we're living in good times now.

Our grandfathers and great-grandfathers were the last generation to master the essential survival skills we now call basic.

So why try to reinvent what they perfected over centuries?
There are only a few moments in life when we can really do something big.

This is one of them. Our grandparents didn't pass these skills down to us naturally, and unless we take action, neither will you to your children or nieces and nephews.

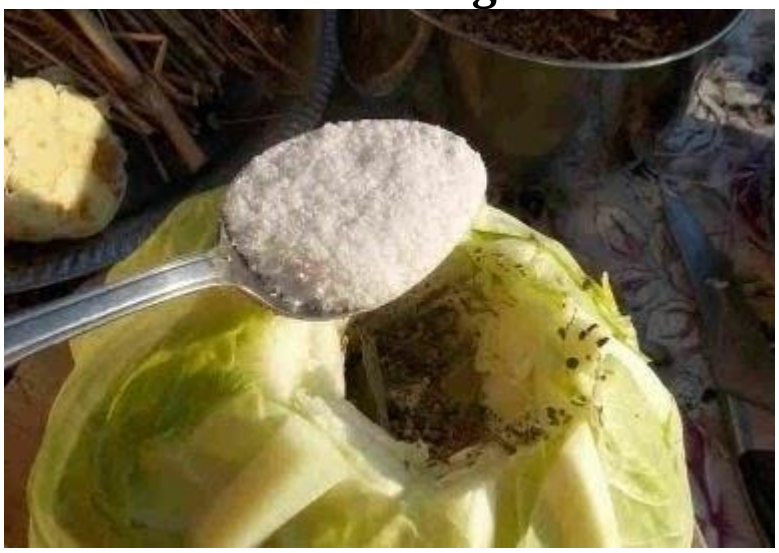
This is just one small example, but I refuse to let our forefathers' knowledge vanish into the shadows of time.

If you care for your family and what America stands for, then neither should you.

Take advantage of this article while it's still up and save the lost ways. You're the only one who can change something.

Art Rude, Claude Davis, Lex Rooker, and Fred Dwight have saved every superfood that saved them for you inside the lost superfoods. **But the only way to get it is to click HERE.**

Do You Know What Happens When You Pour Salt Into a Head of Cabbage?



Sauerkraut

Let me show you.

All you need is a hollowed-out cabbage, 3 to 4 teaspoons of salt, and a container filled with brine. Just pour the salt into the cabbage, set it upright in the container, and ensure it's fully covered by the brine.

Leave it alone for a few days, and fermentation will begin. In about three weeks, you'll have sauerkraut—a gut-healing, nutrient-packed superfood our grandparents kept on hand year-round.

They knew something we've mostly forgotten: when kept submerged in salty brine, sauerkraut can last over two years without refrigeration. But here's the real reason it belongs in every serious food stockpile...

Processed and canned foods can strip your gut of healthy bacteria. Fermented foods like sauerkraut help restore your gut flora.

They’re rich in probiotics and enzymes that boost digestion and increase the absorption of nutrients, meaning you get more out of every bite you eat.

Sauerkraut is just one of the survival superfoods found in **The Lost Superfoods Book**, a new book that brings together generations of forgotten food wisdom.

Discover over 126 survival foods you can stockpile without refrigeration—foods our grandparents knew about but we’ve forgotten✅.

In summary, *The Lost SuperFoods* is not only a treasure trove of recipes but also a rich source of historical knowledge and practical advice, making it an invaluable resource for anyone interested in food preservation and survival strategies.

Ottoman Coated Meat: A Resourceful Preservation Method

Ottoman Coated Meat, or "coated meat," is a clever preservation technique outlined in *The Lost SuperFoods*.

Widely used during the Ottoman Empire, this method involves coating cooked meat in fat to create a protective barrier, preventing spoilage and ensuring the meat remains safe for consumption during long journeys or times of conflict.

Today, this technique can be easily replicated as a refrigeration alternative, particularly useful in emergency situations or in places where refrigeration isn’t available.

The recipe is straightforward, requiring only meat and fat, yet its preservation efficacy is impressive.

In modern contexts, it serves as an excellent option for off-grid living or emergency preparedness.

Fruit Leather: A Healthy, Long-Lasting Snack

Fruit leather is another preservation method used globally, involving the drying of pureed fruits into a stable, chewy sheet.

This process removes moisture to prevent spoilage while concentrating the fruit's natural sugars, resulting in a nutrient-rich snack. Historically, fruit leather provided energy for outdoor laborers and travelers.

In today's world, fruit leather stands out as a nutritious, shelf-stable snack that requires no refrigeration, making it a healthier, preservative-free alternative to many modern snacks.

It's particularly appealing for those looking to minimize food waste, as it can be made from overripe fruits that would otherwise go to waste. This recipe is practical not only for survival scenarios but also aligns with contemporary sustainability efforts.

Benefits of The Lost SuperFoods

Improved gut health to enjoy a longer and healthier life.

Reduced blood pressure so you don't keep missing out on time with your loved ones.

Slower ageing process till your friends start to praise and envy you.

Increased energy efficiency for better physical performance.
Better mental clarity makes you feel sharper, more focused, and more alert.

Prevents deadly, obesity-related **heart attacks** and **strokes**.

The Relevance of Superfoods in Today's Society

The recipes featured in *The Lost SuperFoods* exemplify human resilience and adaptability in the face of scarcity. These preservation techniques, developed out of necessity, highlight how various cultures have navigated limited resources.

The Viking and Mongolian superfoods, for example, showcase how ancient societies preserved high-protein foods for warriors and travelers, while Ottoman and Native American recipes reflect adaptations to food shortages and environmental challenges.

In our current climate of unpredictable weather, natural disasters, and global supply chain disruptions, having a stockpile of long-lasting foods can provide significant peace of mind.

Moreover, as more people seek sustainable food consumption methods, the book's emphasis on preservation without electricity or refrigeration resonates with modern environmental concerns.

[The Lost SuperFoods Official Website - Click Here]

Pros of The Lost SuperFoods

The Lost SuperFoods offers several valuable benefits:

Comprehensive and Diverse Content: Featuring over 126 recipes from a variety of cultural backgrounds, the book provides a wide range of options tailored to different preferences and needs, including protein-rich meals, fermented foods, and calorie-dense snacks that can be stored long-term.

User-Friendly Instructions: With clear, step-by-step guidance and visuals, the book is accessible to those unfamiliar with food preservation. Visual aids enhance clarity, making the recipes approachable.

Cost-Effectiveness: The focus on budget-friendly ingredients makes many recipes affordable compared to commercial survival food kits, allowing readers to stockpile long-lasting food without breaking the bank.

Educational Value: The historical anecdotes enrich the content, offering insights into survival methods employed by past civilizations in times of adversity.

Cons of The Lost SuperFoods

Despite its strengths, *The Lost SuperFoods* does have a few drawbacks:

Price: Some reviewers have noted that the book can be pricey, though many feel the information it provides justifies the cost. This could be a consideration for budget-conscious readers.

Focus on Animal-Based Foods: Many recipes emphasize high-protein, fat-rich options derived from animal products. While this aligns with historical preservation techniques, it may not cater to those following plant-based diets.

Specialized Ingredients: Although the book aims to be accessible, some recipes may require ingredients not typically found in a standard pantry, necessitating advance planning or special shopping.

Who Can Benefit from The Lost SuperFoods?

This book is particularly valuable for:

Preppers and Survivalists: Those preparing for potential emergencies will find practical food solutions for long-term storage.

Outdoor Enthusiasts and Campers: Many recipes are lightweight and portable, making them ideal for activities where refrigeration isn't available.

Health-Conscious Individuals: The nutritional information provided allows readers to consider their dietary needs while preparing these superfoods.

Anyone Interested in Food Security: With food shortages and supply chain disruptions on the rise, the skills taught in this book are increasingly relevant for everyday households.

Customer Feedback

Customer reviews generally express strong satisfaction, highlighting the book’s practicality and depth.

Positive feedback often points to the clarity of instructions, the utility of historical context, and the quality of visuals that make recipe execution straightforward. One reviewer noted that the visuals made it easy to replicate recipes without any guesswork.

However, some critiques focus on the book's price and the limited options for plant-based diets.

A few reviewers mentioned that while instructions are thorough, sourcing certain ingredients may pose challenges depending on one’s location.

Overall, feedback is overwhelmingly positive, with many readers affirming that the book has become a staple in their emergency preparedness collections.

Conclusion

In summary, *The Lost SuperFoods* is a well-rounded and invaluable resource for those interested in food preservation, emergency preparedness, and self-sufficiency.

While it may carry a higher upfront cost and present limited plant-based options, the book's thorough instructions, historical insights, and diverse recipes make it a worthwhile investment for anyone looking to build a resilient food stockpile.

From the history-rich Doomsday Ration to practical Viking-inspired superfoods, *The Lost SuperFoods* revives forgotten food wisdom that can serve as a lifeline in uncertain times.

For those seeking to empower themselves with knowledge that integrates history, nutrition, and practicality, *The Lost SuperFoods* is an essential guide.

Whether you're a seasoned prepper or simply aiming for greater self-sufficiency, this book offers a wealth of time-tested methods and recipes to help you thrive in any situation. **Get The Superfoods Book today**